

## OPEN & LAP SWIMMING

### GARDNER POOL

4/14-5/22

Tuesdays, 6:15 - 7:15 pm

4/17-5/22

Fridays, 7:45-8:45 pm

### SOUTHSIDE COMMUNITY CENTER POOL (HILL) 6/15-8/6

Monday - Thursday 11:30 am-1:00 pm

Tuesday & Thursday 8:00-9:00 pm

Tuesday & Thursday 5:30-6:30 pm  
(Lap swim only)

Bring the family to this affordable activity close to home! Children under age 12 must be accompanied by an adult. Toddlers and infants must wear a swim diaper with snug fitting legs. A lane will be reserved for lap swim upon request. \$2/person or maximum \$10/immediate family at the door. Please bring correct change. Call 483-4277 or 483-4290 for updates or cancellations.

### POOL ENTRANCES

**GARDNER** – Use doors on west side of the building near dumpsters; go right to the end of the hallway to pool doors.

**SOUTHSIDE COMMUNITY CENTER POOL (HILL)** – Enter from the south parking lot.

## Why sign up for Aqua Exercise?

Water based exercise provides a comfortable workout for the body. 90% of a person's body weight is lost when in shoulder deep water and as a result less joint stress is put on the body. In addition to feeling weightless, it can prevent or correct muscular imbalance because the water applies equal tension to the body. Studies have shown that a person who walks on land for 30 minutes uses 135 calories, while walking in deep water for the same amount of time 264 calories are used due to the resistance produced by the water. Take advantage of all the wonderful benefits the water can provide and sign up for a Lansing Parks and Recreation Aqua Exercise class.

## Aqua Exercise Classes For Adults

*Gain the benefits of aerobics with the conditioning, toning and non-impact benefits of the water.*

### I WANT RESULTS:

#### Medium-High Intensity (Adults)

This deep water, cardiovascular workout utilizes aqua-belts to keep you afloat and get results without stress on your joints. The class is mostly cardio, but strength training is included with a mixture of noodles and dumbbells in the shallow end of the pool. Non-swimmers can participate in the shallow end of the pool with a modified workout. Equipment is provided at the pool.

Activity #335110D (16 classes) \$64/Res; \$96/Non-Res  
4/14-5/21 7:15-8:15 pm Tue & Thu Gardner

Activity #435110D (16 classes) \$64/Res; \$96/Non-Res  
6/16-8/6 7-8 pm Tue & Thu Southside Comm. Center (Hill)

#### Mini Session

Activity #435110DD (8 Classes) \$32/Res; \$48/Non-Res  
8/11-9/3 7-8 pm Tue & Thu Hunter

### STRETCH & FLEX:

#### Low Intensity/Warm Water (Adults)

End the work week with a relaxing, non-impact workout. This class targets adults who want to work their muscles and joints in a warm water setting.

Activity# 335120A (8 classes) \$32/Res; \$48/Non-Res  
4/17-5/22 Fri 6:45-7:45 pm North

### AQUA EXERCISE PUNCH CARD

Attend any Lansing Parks and Recreation aquatic exercise class with your punch card. Each card is good for 6 punches with no expiration.

Activity #335110PC \$39/Res; \$58/Non-Res  
Activity #435110PC \$39/Res; \$58/Non-Res

## Swim in a warm water pool environment with stair entry.

Classes meet 8 weeks

\$46/Res; \$51/Non-Res for lessons

\$46/Res; \$69/Non-Res for Stretch & Flex (See course description on this page.)

### NORTH SCHOOL POOL FRIDAY 4/17-5/22

335100F	Preschool	5:30-6:00
335010F	Level 1	5:30-6:00
335080F	Babes & Tots	6:00-6:30
335120A	Stretch & Flex	6:30-7:30